

PLANNING FOR SAFETY WITH FAMILIES IMPACTED BY DOMESTIC VIOLENCE

Take Care of Yourself



Learning Community Norms

Respectful, Cooperative, Collaborative, Supportive, and Patient Environment

Confidentiality is honored

Resilience is celebrated

Power and permission to take care of ourselves

Practice question sensitivity

Generosity in sharing ideas

Listening is active

Snowman Breathing



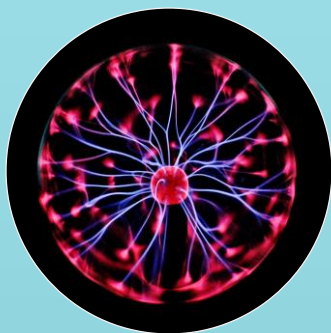
Defining Domestic Violence

A **pattern of coercive behavior** used by one person to **gain and maintain power and control** over another in an intimate or familial relationship.

Domestic violence is
deeply nuanced and
every survivor's
experience is unique.



A Few Key Points



Abusers are responsible for their choices.



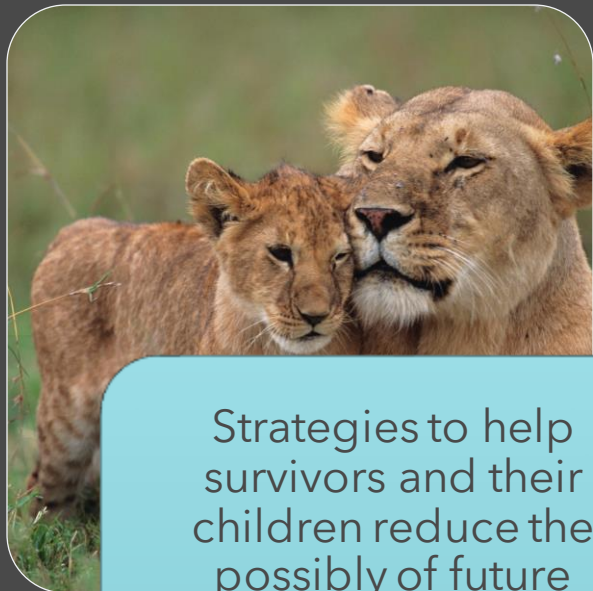
Ending a relationship is not always safe or desired.



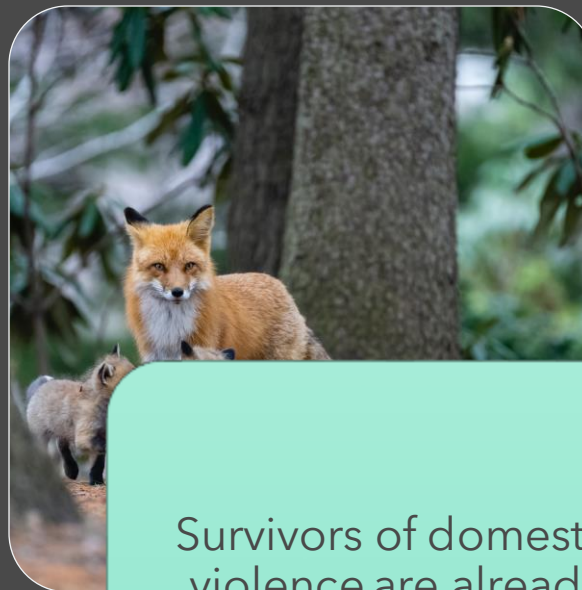
Survivors are the experts of their situation.



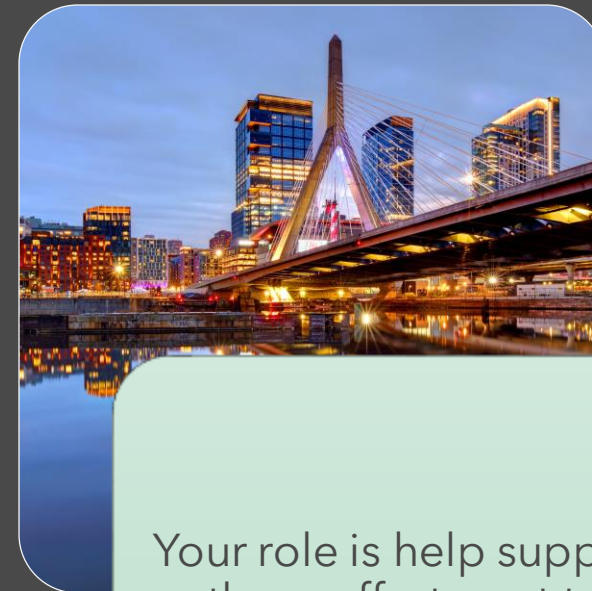
Safety Planning



Strategies to help survivors and their children reduce the possibility of future violence. Safety planning can encompass many aspects of survivors' emotional, physical, reproductive, and financial safety.



Survivors of domestic violence are already engaging in 'safety planning'.



Your role is help support these efforts, not to dictate what you think is safe.

Key Points



Safety looks different to different people at different times.

What may have been safe in the past might be different from what is currently safe.

Helping a Survivor Plan for Safety

Physical

Emotional/psychological

Sexual/reproductive

Financial

Planning for Safety In Different Spaces



Private



Public



Virtual

Safety Planning With a Survivor Who is Considering Leaving their Abuser

What are some things they may need to have after they leave? (Things for themselves and their children.)

Are there any places where they could keep things they would need quickly? Or people they could trust to hold onto those things?

How would they feel about contacting the local domestic violence hotline?

Immediate Safety Planning

What are some things do you do to keep yourself safe?



Under what circumstances would you want someone to call 911?



Which area of your home might be the safest for you to go to?



What do you want your children to do if something is happening?

Safety Planning Questions



What would you like to see occur if [...]?



What do you think might happen if you [...]?



Tell me about what has worked before when you [...]?



Are you worried or nervous about [...]?

Breakout Room Scenario

Matilda is one of your clients/patients. She has recently had her first child, Grace. Matilda shares a house with her mother. She has shared that she is no longer with the baby's father, Brad, who was abusive. She has explained that while he had been violent throughout their relationship, she decided to break up with him when he attempted to push her down the stairs during the second trimester of her pregnancy. Matilda has a Protection from Abuse order against Brad, but once the baby was born, he filed for custody. The custody agreement says that Brad can see the baby on Fridays from 4-7pm and on Sundays from 10am-4pm. Matilda does not want Brad to come to her home and does not want to take the baby to his apartment. She is telling you about this situation because she is nervous about these custody exchanges.

What are some safety planning strategies that you could discuss with Matilda?

(Remember to think about more than physical safety!)

The background of the entire slide is a close-up photograph of several bees working on a honeycomb. The bees are in various positions, some facing the camera and others with their backs to it. The honeycomb cells are a warm, golden-brown color, and the bees have distinct black and yellow stripes. The lighting is bright, highlighting the textures of the bees' bodies and the hexagonal pattern of the honeycomb.

Safety Planning & Supportive People

Who are some people you ask a survivor about incorporating in their safety plan?

What are some examples of things supportive people could be asked to do?

Breakout Scenario

Jordan is one of your clients. They have two children-ages 3 and 5. Jordan's mom has offered to watch the kids on Friday night, so Jordan can go see a band play at bar. Jordan's ex-husband, Mark, and his friends often hang out at this bar. Jordan has shared that Mark was emotionally abusive and often gaslighted them during their relationship. Jordan says that when Mark drops off the kids, he is manipulative and often says that they should get back together for the kids' sake. Jordan has expressed that they do not want to be with Mark anymore and is aware that if Mark sees them at the bar, he might try similar tactics to reinstate the romantic relationship.

What might safety planning with Jordan look or sound like?

What may be some differences in safety planning with an adult vs safety planning with a child or teen?



Safety Planning with Children/Families



Avoidance vs acknowledgement

Approaching physical and emotional safety

- Tactics for increasing safety, where possible
- Addressing guilt, responsibility, shame
- Opening and re-opening the conversation

Safety Planning with Children/Families

**Talk to kids about what
"safety" and
"unsafety" feel like in
their bodies and make
a plan from there**

**Safety plans change
and shift**

**Using their cues and
words to increase
understanding**

Routes of Safety



Let's Practice!

Julia is a new client. She discloses that she is working on leaving her abusive partner, Andy. She has plans in place to move out, but they will take several months to enact. In the meantime, she wants to keep her kids as safe as possible, especially her 3-year-old, who has started yelling at Andy to "stop yelling at Mommy!" when their arguments start. Julia gets overwhelmed with the idea of talking with her 3-year-old and wants to try to protect her kids from as much of the situation as possible.

Do you think it would be helpful to start a conversation about safety planning with Julia?

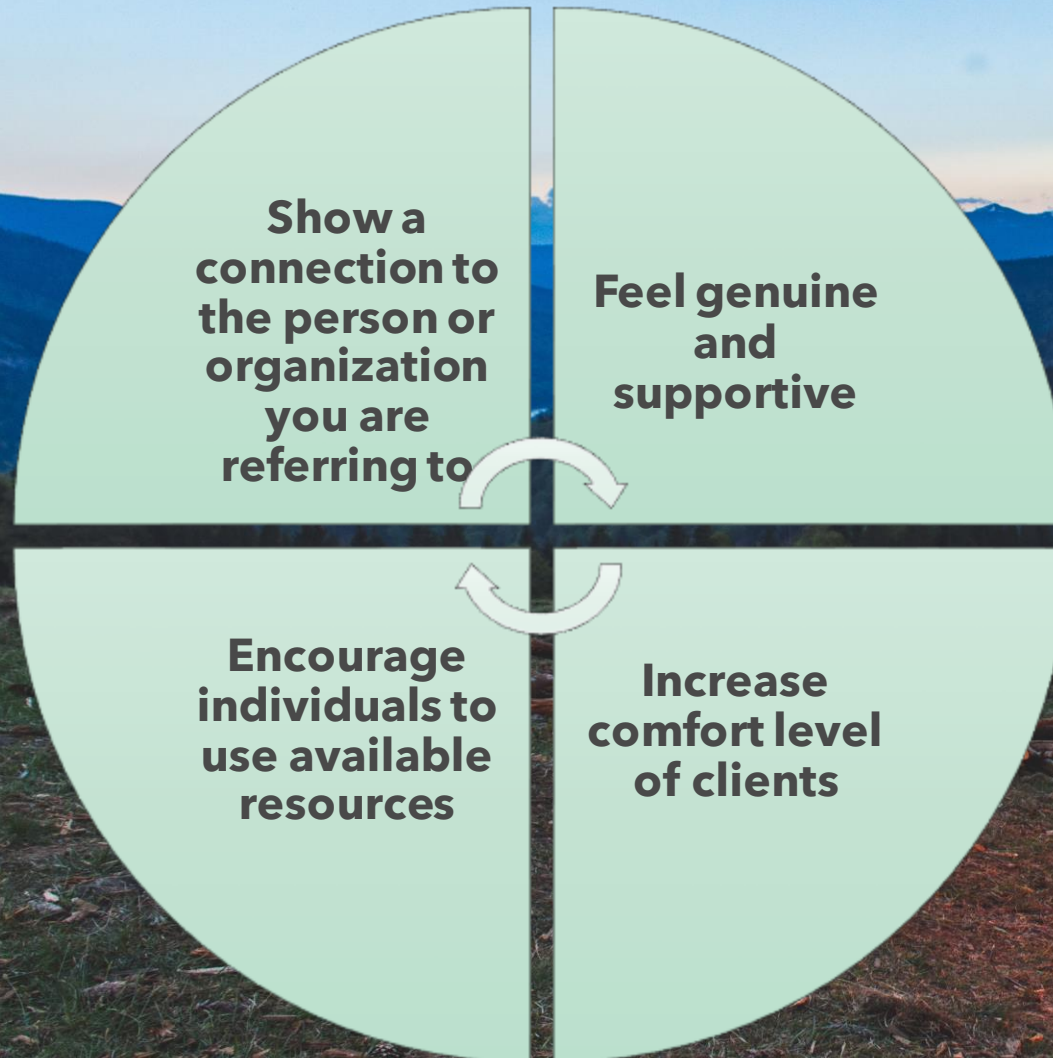
How could you start the conversation?

What are some questions you might want to ask to help Julia plan for her safety?

What are some resources you might be able to share with Julia?

Is there anything that may not be helpful for you to suggest or for you to do?

Warm Referrals and Handoffs to DV Programs





Questions?

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